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Weather Forecast		Today
		
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		High: 33 Low: 4

FRIDAY

Fort Riley Post



Guard joins NASCAR

Crowds got their first look at a brand new red, white and blue Ford emblazoned National Guard 54 when NASCAR's premier racing circuit roared to life Feb. 8.

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Vol. 46, No. 8

February 21, 2003

America's Warfighting Center

Firefighters save puppy from house fire

By Michael Watson
Staff writer

Firefighters saved the life of a puppy early Friday morning, when a fire engulfed the second story of a Warner Heights duplex, 6561 Hampton Place.

It was the first time firefighters at the Fort Riley Fire Department could remember having to resuscitate a fire victim in more than 20 years, they said that afternoon.

Dan Peters, Engine 2, was one of the firefighters on the scene trying to get the approximately 2-month-old puppy to breathe.

"He has a shine in his eye," Peters said as he rubbed the puppy's belly while another firefighter breathed air into its lungs with a ventilation bag, just minutes after rescuing him from the burning house.

"His lungs are too small for that much smoke, but he is going to be okay," Peters said.

The fire was reported at 8:55 a.m. and three units were on the scene six minutes later attacking the blaze. The units extinguished the fire and ruled the fire accidental in nature, said Lt. Michael Keating, Fort Riley Fire Department.

There were three people in the house when the fire started - a 4-year-old, a 1-year-old and their mother. Nobody was injured in the fire, and damage has not been estimated.

"It appears that the fire started when two children, unattended in the bedroom, knocked over a candle onto the bed in the bedroom," he said. "The 4-year-old then reported the fire to the mother."

"The mother called the MPs, and then did the smartest thing she could do. She grabbed the kids, got out of the house and stayed there."

Keating said the mother did the right thing by not going back into the house to get their two dogs. He said people have a tendency to run back into the house for belongings or pets, but that is not a good idea.

"Animals are usually self-sufficient," he said. "They find their own way out. But these pets were in pet carriers, so it took a minute for the firefighters to find them in the smoke. This case fortunately had a happy ending. Our guys got the puppy in time and it is going to be alright."



Fort Riley firefighters Dan Peters (right) and Ivan May (left), crew members for Engine No. 2, resuscitate a puppy that inhaled smoke during a house fire that occurred at around 8:55 a.m. Feb. 14 in Warner Heights on post.

Garrison Support Unit set to sustain

By Jamie Bender
Staff writer

As America's Warfighting Center, Fort Riley is assisting numerous reserve units that have been called to deploy to various Central Command locations. At Fort Riley, reservists are prepared administratively and physically to meet the challenge of active duty.

As more reserve units have been activated in support of the Army mission, the 24th Infantry Division (Mech), United States Army Garrison is receiving assistance from the 6025th Garrison Support Unit.

"We augment the current staff at Fort Riley to make sure they can do their mission properly, which is to process soldiers," said Col. Bob Lowery, commander, 6025th GSU. "We support the directorates; the G staff, we augment the lawyers and the chaplains."

The 6025th arrived ready to

complete their mission.

"We know our jobs. That's the easy part because we do that year round. We send increments in here all the time to train and do the things we are doing right now," said Lowery. "We are here to assist in the administrative part of processing the soldier from a reserve civilian life into an Army life," he added.

There are many factors to aiding reserve soldiers through the transition to active duty.

"The process requires a lot of attention to detail," said Lowery. "Is the soldier's pay record done properly? Is his family care plan in place? Is he up to date medically? Is he fit for service, and is he ready to go?" he explained.

Soldiers are not run through a line, said Lowery. "There are always a few bottlenecks in the process, but that's because of the individualized treatment that soldiers get," he said. "We are going

See Support Page 6

Quartermasters tune basic soldier skills

By Jamie Bender
Staff writer

Currently, Fort Riley, America's Warfighting Center, is assisting several reserve companies in getting ready for deployments to various Central Command areas of responsibility. One of these companies is the 1008th Quartermaster Company.

Fort Riley helps deploying reserve companies in several areas.

"Much of what we are learning here at Fort Riley is brushing up on things the soldiers learned in basic training. We are doing common task training, Nuclear, Biological and Chemical Training, weapons qualifications and our Soldier Readiness Program," said

Capt. James Porter, company commander, 1008th Quarter Master Company. "We are brushing up on what you could easily face once deployed."

Changing to an active duty soldier involves many changes and challenges for a soldier.

"One of the biggest changes is the mentality," said Porter. "The soldiers are coming from a one weekend a month environment. On active duty things like the Uniform Code of Military Justice are a constant environment. You have to focus and adapt to that environment. It's 'yes, sir,' or 'yes, sergeant,' instead of 'yeah.'"

Overcoming these challenges is something the leadership and soldiers focus on.

See Skills Page 4

Fort Riley soldiers depart for CENTCOM

By Michael Watson
Staff writer

Fort Riley's first active duty units deployed to an undisclosed location Sunday to support the war against terrorism.

Approximately 300 soldiers from the 937th Engineer Group, 82nd Medical Company and the 2nd Heavy Equipment Transport Platoon, 24th Transportation

Company, received farewells from family, friends and fellow soldiers during two departure ceremonies Sunday morning at Hangar 817, Marshall Army Air Field.

This was the second time Sgt. David Shaia, 2nd HET, has left home. His wife, Alisha, said the first deployment was very emotional, but she said saying goodbye this time was not any easier.

"It makes it harder," she said.

"He's been on multiple deployments in the last year, and it seems that he's been gone more than he's been here."

"When we were dating, he didn't go anywhere. But now that we are married and have a family, he's gone. So it definitely makes it harder to say goodbye, especially not knowing where he is going or when he will get back," Alisha said.

David said he is 100 percent

prepared for this mission, so that part of the mission is not tough. He said the toughest thing will be missing his wife and two daughters, Erica, 4, and Juliana, 2.

"As young as the children are, they understand that I have to leave and will be gone for a while," he said. "It will be very hard to be away."

Pvt. Jordan Betheze deployed for the first time on Sunday, but he said he is used to being away from his wife, Jackie, and daughter, Lisa, who will be three years old in April.

Jordan and Jackie have been married since August, but they have not been together two weeks total since their wedding day, he said.

"I don't want to leave home," he said. "It doesn't feel good, but we'll get used to it. There will be a lot of phone calls, and e-mails if I have access to it. I won't be able to call as often as I do now, but I will be on the phone whenever I get the chance."

Col. Frank Helmick, acting commander, 24th Infantry Division (Mech) and Fort Riley, spoke to the soldiers about the importance of their mission. He said the United States must win the war against terrorism.

"We cannot lose this war. We need to come back victorious, and we know you will. We will see you all upon return," he said.

The 24th Infantry Division (Mech) and Fort Riley officials will not speculate on future deployment of additional forces.

Nebraska MPs train to evaluate prisoners

By Jamie Bender
Staff writer

Thousands of reservists are making the transition to active duty at Fort Riley in preparation for deployment to various Central Command locations.

The 530th Military Police Company from Omaha, Neb., is one such company.

Last week the 530th was training for duties they will be responsible for once deployed.

"We will be in charge of itinerant (traveling) refugees and enemy Prisoners of War," said Master Sgt. Bob Shepherd. "We are training with a new computer system that will help us with our mission."

The soldiers, with assistance from the 3rd Brigade, 75th Division Training Support, were faced with numerous scenarios that might come up during their mission.

"We are training for scenarios dealing with anything from a compound disturbance to determining if a prisoner is a farmer or a soldier," said Shepherd. "We have tried to come up with as many different situations as we can think of that we might encounter."

The soldiers of the 530th have been at Fort Riley for more than two weeks.

"We have been doing a lot of training and processing getting ready to go," said Spec. Caleb Massie. "I've been loving it. It's a fun time with good training," he said.

A typical day for the soldiers is a long one. "We get up early and go to chow, then we train all day and at night we try to call and talk to our families at home," said Massie.

Preparing to go to war is something these soldiers train for as reservists.

"As soldiers we keep in mind that there is always a chance we may deal with conflict somewhere in the world," said Staff Sgt. Tim Dougherty. "We are always aware of the potential for war. We just have to trust the training and take the job seriously."



Soldiers of the 2nd Heavy Equip. Trans. Plt., 24th Trans. Co., grasp loved ones and make last minute calls before deploying to support the President's global war on terrorism.

Smallpox vaccination site requires special care, precautions

By Emilie L. Howe
MEDDAC PAO

Beginning in January, Fort Riley servicemembers began receiving the smallpox vaccination. The Primary Care Clinics' health care staff at Irwin Army Community Hospital has reported that soldier's family members are asking questions about self-care of the smallpox vaccination site. They are also asking what health precautions they need to be aware of.

According to Capt. (Dr.) Robert Russell, chief, Preventive Medicine, Fort Riley Medical Activity, the general guid-

ance begins with not touching the vaccination site. According to Russell's information sheet, "Reminder for those immunized against Smallpox," servicemembers should wash their hands after changing the bandage covering the site and are advised to change it daily, or sooner if it gets wet. "If you don't have gauze bandages, go to your battalion aide station to get this item," Russell said. "Our greatest concern is that an immunized individual will scratch the uncovered lesion and then touch themselves elsewhere, such as their eyes or other individuals."

If the immunized person keeps a gauze bandage on the site and wears a long-sleeved shirt until the scab falls off, this

risk is essentially zero, Russell said. "A shower is okay - but do not soak the site," Russell said. Do not take a bath, swim or use the sauna. There is no reason to use a separate shower, or have to disinfect it after each use, he said. However, Russell added, it is important not to share towels and use a separate towel to dry the inoculation site. No extra precautions need to be taken in laundering clothing or linens.

Servicemembers who have been given the smallpox vaccination are advised to practice birth control or abstain for one month, according to Russell. Furthermore, service members cannot donate blood for three weeks after receiving

their smallpox vaccination, he added.

After receiving the vaccination, Russell said there are several things to watch out for. "You should at least be developing a red bump," he said. You may also experience the following normal reactions:

- * Extreme itching
- * Sore arm
- * Fever
- * Head and body aches
- * Fatigue

"A normal reaction of the smallpox vaccination site is to see pus. It is important to note that this is not a skin reaction. It is actually desired, and is an indication that that a person has attained immunity,"

said Russell.

For servicemembers who think they are having an adverse reaction to the smallpox vaccination, Russell encourages them to not hesitate and contact Preventive Medicine. If it is after normal duty hours or on the weekends - go to Emergency Medical Services of IACH if you believe your reaction is more severe than what you had anticipated, Russell said. An example of an adverse reaction, according to Russell, would be multiple lesions or the inoculation site getting bigger than the size of a quarter.

For more information or if you have any questions about smallpox vaccinations, call 239-7386.

Green to Gold offers enlisted soldiers an education

By Michael Watson
Staff writer

The next duty station for potential Army officers could be Kansas State University, said Lt. Col. Art DeGroat, professor of military science at the university.

That is the goal of approximately 60 Fort Riley soldiers vying for Green to Gold scholarships through the Department of the Army. Those soldiers toured K-State on Feb. 11 to help make that dream a reality.

"There are a thousand questions out there about the soldier to student transition," DeGroat said. "This program provides the opportunity for soldiers to get those questions answered."

He said receiving information about financial aid, housing, employment and insurance helps soldiers to complete the scholarship application packet and gives

them information needed to make it through the program.

Lt. Kevin Morgan, 5th Battalion, 5th Field Artillery, said he knows this from experience.

He received a Green to Gold Scholarship and has been an officer for approximately one year. He graduated from K-State with a degree in management information systems in December 2001, earning Dean's List academic honors all five semesters he was enrolled.

"I've made the loop, so I can tell soldiers a little bit about the transition," he said.

"The most difficult transition was the mindset - changing from a full-time soldier to a K-State student."

The Reserved Officer Training Corps program breaks the qualified soldiers' Army enlistment to allow pursuit of a higher education.

Sgt. Hobert Kilgore, Hawk Troop, 1st

Cavalry Regiment, has been in the Army for more than five years. He said he loves serving his country, and now he wants a college degree so that he can return to the Army to command troops of his own.

Kilgore said he had been looking into the scholarship program for about a year, since he returned to Fort Riley from his station in Korea. In three and a half years at Fort Riley, he said he had never thought about K-State.

"However, looking at the program and the welcome today, I'm convinced that K-State cares about soldiers," he said.

"There are a lot of potential officers in the Army, so there needs to be more promotion about this event and the scholarship program."

"Soldiers love serving their country, but they also want a college education. This gives them the chance to do both."

Approximately 60 scholarships are awarded to soldiers from a national pool each year, which DeGroat said is very competitive. But, because of efforts by the command retention staff, units' chain of command, Fort Riley and K-State, he said he expects a greater yield for Fort Riley scholarships than in the past.

The scholarships are awarded in different time increments, but he said the four-year college scholarships are the most competitive.

Kilgore said the four-year scholarship is what he wants in order to pursue a degree in business administration. But, he said he is not nervous about competition.

"The K-State and ROTC representatives will help me fill out the packets, and that is why I am not nervous," he said. "If I do not get accepted now, then I will definitely be back next year."



Post-Watson

Soldiers look over financial aid brochures at Kansas State.

Giving General Power of Attorney can mean trouble for some soldiers

By Timothy W. Thomas
Chief, Legal Assistance

Getting deployed? Go get a General Power of Attorney! Sound advice, right? Not always! Although the old way of thinking led soldiers to think they needed a GPOA every time they deployed, it might be helpful to remember a few tips first before signing it.

First, no business or organization has to accept a power of attorney. So, imagine going off to deploy to a far-off land thinking you have everything taken care of and then finding out that half of the businesses on your list, as well as even the bank, have decided not to honor your power of attorney. That is a problem that you do not want to crop up while you are overseas.

What are some alternatives to make sure that you are taken care of and your family is secure before you leave?

One option is to set-up allotments or automatic withdrawals

to pay your bills. Nearly all businesses allow these methods in lieu of sending a check by mail, and you have the added convenience of never having to worry about late payments. Another option is either placing your spouse on your bank account or setting up a separate deployment account to which you transfer enough money to pay whatever bills need to be paid in your absence. Either option ensures that your spouse or designee has the ability to access the amount of money you want

them to be able to access, and both are generally more effective than giving a General Power of Attorney to sign your checks.

Another option is a Special Power of Attorney. A Special Power of Attorney often is more effective than a General Power of Attorney. Why? Because a Special Power of Attorney gets into the specific acts you need accomplished, and businesses and banks feel more comfortable accepting it.

A second thing to remember

about General Powers of Attorney is that they are very powerful documents. They grant the authority to do ANYTHING that you can do including taking out loans, getting new credit cards and withdrawing money from accounts. If someone to whom you give a General Power of Attorney does any of these things, there is little you can do to contest it, even if it was not your intent for them to do that.

General Powers of Attorney are

dangerous and sometimes ineffective documents. Army Regulation 27-3, Legal Assistance Program, mandates that soldiers be counseled on the dangers of General Powers of Attorney before they can be given. So, the next time someone at the Legal Assistance Office asks you a few questions when you ask about getting a General Power of Attorney, understand that not only are they following regulations, but they are also trying to steer you toward

the most effective means of getting your affairs in order before you deploy.



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TA-50 should be safeguarded

By William Biles
Staff Writer

What is the one thing every soldier on Fort Riley has in common? Every soldier on post has been to the Central Issue Facility, and they will all be there again to clear the post.

The basic issue of a soldier's TA-50 costs over \$1800, depending on what the soldier is issued, said Rick Terrian, site manager, CIF.

The cost alone should be motivation enough for the soldier to take care of the equipment they have signed for.

Soldiers need to realize they are held accountable for all of the equipment they receive from CIF, said Terrian.

"If the equipment is lost or damaged it will be the company's commanders call if they will do a report of survey, a statement of charges or a cash collection," he said.

The soldier will not always have to pay for the equipment if it is damaged.

"The commander could write a damage statement, which is basically saying that the soldier didn't damage the equipment through neglect, that it happened during a field training exercise," said Terrian. "With the damage statement,

we would direct exchange (DX) the equipment and the soldier won't be held liable for it."

When soldiers are in the field, special care should be taken for their equipment's accountability.

"You can not write off TA-50 as a field loss. There is no such thing," he said.

To DX equipment, soldiers should realize that the equipment just doesn't have to have damage for it to be traded in for a new piece.

"Soldiers can DX equipment if it doesn't fit properly. All they will need is their military identification and the piece they want to exchange," Terrian said.

Soldiers should check with their unit's Supply Sergeant first, before making the trip to the CIF building.

"The unit stores basic items for their soldiers issued gear in their supply room. So, they can fix or replace certain pieces of equipment," he said.

There are certain items that soldiers should take special care of due to their high cost.

"Aviators and crew members should be careful with their flight helmets because they could cost them a little over 700 dollars for that one piece of equipment, said Terrian.

If a soldier loses a piece of TA-50, buying a replacement piece at

a store, to save a few dollars, may cost them more in the long run.

"A lot of equipment that stores sell is not always the same type, or of the same quality, that we issue here," he said. "The best thing they (soldiers) can do is purchase or replace the equipment through the CIF or their unit's supply room."

The only time soldiers are authorized to pay cash to the CIF is if they are having a permanent change of station or if they are getting out of the service. All others will have it taken directly out of their paycheck through a Statement of Charges, Terrian said.

Other than paying for the equipment, there is an alternative for soldiers when it comes to their TA-50.

"My best advice I can tell them is to maintain it in a clean manner and keep an accountability of it," he said.

A soldiers TA-50 is designed for a purpose.

"Soldiers should also keep in mind that everything they are issued is designed to protect them in either a cold weather environment, a combat situation or hostile environment, and if you don't have it, you have probably made yourself more ineffective to your unit's mission," Terrian concluded.

Soldiers deal with media on battlefield, apply law of war to combat scenario

By William Biles
Staff Writer

Several hundred soldiers from Headquarters and Headquarters Company, 937th Engineer Group (CBT) and the 82nd Medical Company conducted a situational training exercise Feb. 4-5, which tested each soldier's ability to apply the law of war to a combat scenario.

Attorneys from the Office of the Staff Judge Advocate were the supervisors for the training.

The soldiers were divided into squads. Each squad went to nine different stations. Each station tested a different aspect of the law of war, said Capt. Christine Schverak, trial counsel, Office of the Staff Judge Advocate.

"The soldiers benefited from the training because they gained an opportunity to test their responses outside of a combat mission," said Schverak. "For example, one scenario presented the soldiers with an enemy medic tending to three wounded enemy soldiers."

One of the enemy soldiers had a concealed handgun and another had a concealed grenade. The first thing the soldiers had to recognize was that there was a medic and wounded soldiers on-site, she

said.

"Under the law of war, the medic and the wounded soldiers are out of the fight. They are protected parties and the soldiers had to make the decision not to fire at them," Schverak said.

Next, the soldiers had to practice good search and seizure techniques. If they failed to search the wounded soldiers, then a soldier would pull the concealed handgun, she said. If they failed to secure the medic's weapon, then a wounded enemy soldier would grab the weapon, Schverak added.

After each lane was completed, the lane's Observer Controller conducted an After Action Review with the squad.

"Often, the AAR would help the soldiers refine their knowledge of the law of war," she said.

Additionally, the Public Affairs Office trained soldiers on media interviewing techniques.

"The lane helped soldiers practice giving a media interview. Often the media may ask a soldier detailed questions that would give the enemy valuable intelligence," said Schverak. Examples of some questions the media may ask a soldier are how many people are in his unit or where the unit is precisely located.

"This station helped teach soldiers how to be cooperative and

open while still maintaining operational security for the unit," she stated.

The unit's leadership also benefits from this type of training because by practicing abiding by the law of war, the soldiers are less likely to commit violations in actual combat.

"In the past, commanders have been held accountable, under the law of war, for violations committed by their subordinates. This type of training helps protect commanders because it's another way to reinforce how they (soldiers) can abide by the law of war in real life," Schverak concluded.

Talk Around Town

"What is the best thing people can do for mobilized servicemembers?"



"The news media has a big influence on the American public and they could help rally support and patriotism in our nation."

Sgt. 1st Class Verne Wonderlich
67th Troop Command



"Keep wives and family members informed while we are away."

Sgt. Timothy Bergeron
Co. A, 1st Battalion,
41st Infantry



"People could show support by sending e-mail, even if they don't know a soldier. If they know a soldier, send letters. That is always a morale booster."

Sgt. Justin Sarbaum
HHC, 1st Battalion,
41st Infantry

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Fort Riley Post

February 21, 2003

Supply unit wins award

By Kim Levine
Staff Writer

Company A, 101st Forward Support Battalion won the Supply Excellence Award for the 2002 fiscal year from FORSCOM and is now competing for the excellence award for the Department of the Army.

The Velocity Management Site Team out of Fort Lee, Va., which annually inspects Army supply warehouses and makes suggestions for improvements, recommended the supply support activity go for the award back in December 2001, said Chief Warrant Officer 2 Maria Byrd, supply systems technician, Co. A, 101st FSB. The team was impressed with the warehouse operations and thought they might have a chance to win, said Byrd.

To apply for the award, units were required to put together a notebook presenting information such as logistics, operations and day-to-day activities for the year. Byrd, the major contributor in building the Co. A, 101st FSB notebook, said she had help from Randy Younger, noncommissioned officer in charge, Co. A, 101st FSB, among others.

"A lot of detail went into the notebook," explained Byrd. The team began preparing it toward the end of April and submitted it in June to the local judges. The unit qualified under Category C, Level 2 for medium-sized warehouses. They first competed and won against other supply support activities on Fort Riley. They then moved on to compete and win at the III Corps and FORSCOM levels. Now they are competing for the DA Supply Excellence Award, explained Byrd. For this final award, Co. A, 101st FSB is up against several other Army supply units, divisions and levels.

The award is based on readiness, training, innovation and resource management and is given to the unit that demonstrates the highest excellence in the management and utilization of logistical resources.

Company A, 101st FSB is now working hard to prepare for the DA competition, said Byrd. "We are giving the warehouse a facelift, including paint and carpet. We have the work ethic down, but it also matters how it looks." The DA judges will be inspecting and evaluating the Fort Riley unit on April 22, and the winner should be announced in late summer or early fall, according to Byrd.



Post Bender

Reserve soldiers called to active duty from Nebraska's 530th Military Police Company practice the three-second rush during training at Fort Riley.

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Patriot Bonds good investment, support war efforts

By Michael Watson
Staff writer

Patriot Bonds, Series EE bonds, are a great way for people to help fund recovery and war efforts and invest in their future at the same time, said Betsey Sullivan, financial readiness program counselor, Army Community Service.

Patriot Bonds offer a competitive interest rate, however she said many people are not aware of them.

They really have not been advertised since they were unveiled three months after the Sept. 11, 2001 attacks.

"I don't know that soldiers know about them. They really seem to be good bonds though," Sullivan said. "Some people think bonds are too boring. They are

conservative, but they are safe, and they are even better than a jumbo CD."

Series EE savings bonds earn 90 percent of five-year Treasury securities yields. They increase in value monthly, and the interest is compounded semiannually. The Patriot Bond's current rate is 2.7 percent.

Sullivan said that is a competitive rate, because a jumbo CD currently only earns 1.7 percent.

According to the United States Treasury, some bond purchasers have taken advantage of competitive low short-term interest rates by cashing bonds after six months.

However, savings bonds are designed to be long-term savings vehicles. Therefore, the minimum holding period for bonds was recently extended from six

months to 12 months.

The change affects bonds dated Feb. 1 and after.

The minimum holding period is the length of time from issue date that a bond must be held before it is eligible for redemption. It was changed because bonds are designed to be long-term savings vehicles, Sullivan said. However, she said the extension should not affect bond purchases.

"Most people that I have spoken to buy bonds for long term planning," she said. "Otherwise, people should go with a money market account, because they are not long-term finance vehicles."

Henry Parks, assistant vice president of operations at Fort Riley National Bank, said anyone who is thinking about buying a savings bond should consider the

Patriot Bond.

"The Patriot Bond expresses patriotism and strength in our country," he said. "Other bonds are for a general fund to defray public debt, so this is more specific."

"They are just like regular bonds, only the word Patriot is inscribed on them, and they are more specifically geared toward rebuilding our country and funding war efforts."

According to the U.S. Treasury Web site, www.publicdebt.treasury.gov, Patriot Bonds are not earmarked to pay for the War on Terrorism, but fund war efforts in general.

Savings Bonds can be purchased at most financial institutions or off Internet at sites like Savings Bonds Direct, www.savingsbonds.gov

ACAP Job Fair offers opportunity to meet employers

By DeAnn Parsons
ACAP

The Army Career and Alumni Program is sponsoring a Job Fair, Feb. 28, 9 a.m. - 1 p.m., in the ACAP Center, building 210, room

7. Local and national employers will be present to talk with and interview prospective employees.

A list of employers invited to the Job Fair will be posted in the ACAP Center.

To prepare for the Job Fair,

DeAnn Parsons, ACAP Job Fair coordinator, suggests some Job Fair strategies.

"It is always smart to research the companies that you would like to talk to. You should come dressed appropriately for an interview and be ready to discuss your

experience and skills with employers."

"You only have one chance to make a first impression; make it a good one," she said.

For more information, visit or call the ACAP Center, 239-2278 or 239-2248.

Skills continued from page 1

"Leadership does things like refresher classes in Drill and Ceremony," said Porter. "Sometimes they perform on the spot corrections. And we always make sure we address soldiers in an appropriate manner and create that professional environment."

"It's hard to remember everything you need to as an active duty soldier, instead of a reservist," said Pfc. Stephanie Gore, laundry and field services. "I feel that the structure we are learning here will help us stay together while we are in the field. I feel good about it because we are going to know what we are doing. It eases my mind that we are relearning these things," she said.

Being away from family and friends is another concern for the activated soldiers. "It's always hard to leave your family, especially for an up-to-one-year deployment," said Porter. "Toward the latter part of our training, we hope to be able to have families come visit," he added.

The soldiers leave behind their families as well as their civilian jobs and responsibilities when they are deployed.

Staff Sgt. Kurt Hoehn, laundry and field services, is a corrections officer for the state of Illinois. He has been in the reserves for 15 years, after spending three years

on active duty at Fort Riley. His civilian job has been co-operative, he said. "I have had no problems whatsoever. I will come back to my job with my accrued benefits," Hoehn said.

Gore, a full time college student and waitress, has been a reservist for almost two years. She will be leaving behind a home to care for.

"Being activated hasn't affected my life too badly," she said. "I just won't be able to finish school until I get back. My boss has guaranteed me my job when I come back. My biggest concern is making sure my bills get paid while I'm gone, but my parents are taking care of a lot of that for me."

Soldiers from the 1008th feel that they are prepared, and they have confidence in each other and in their leadership.

"At first, I was nervous about not knowing where I was being sent," said Gore. "But, after coming to the company and seeing how we work as a whole, I feel better. I know I am going with a good group of people and excellent leaders," she said.

"I would go anywhere [the Army] sends me. I am confident in my leadership," said Hoehn. "I am looking forward to doing my job and coming home safe and bringing my soldiers home safe."

Porter said the soldiers are coming together as a unit well.

"We realized early on it would be a challenge to get because we have a lot of new soldiers in the company," said Porter. "Given the circumstances, we are doing very well."

The soldiers are looking forward to working together to complete their mission.

Gore said her squad leader, Staff Sgt. Clyde Brooks, calls the squad "Fam-fam." "It's a way of saying that we are a family," she explained. "We look after each other and take care of each other. It's good to know that someone has your back and you can have someone else's, too. This is going to be an awesome experience that we will hold on to forever."

"I am looking forward to our Field Training Exercise next week," said Hoehn. "It will be the first time we have been together for this type of training, and it will help us gel together better," he said.

Porter has some advice for his soldiers to help them through this experience. "Stay focused on the mission at hand," he said. "Understand that it's not permanent, and that it's a learning experience."

Follow the rules and regulations, and do what you're supposed to do. Your leadership is going to lead you down the right path. There should be no reason why we can't get through this thing safely.

"In the end we will be better people for it," he said.

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Publisher-Col. (P) Frank G. Helmick
Public Affairs Officer-Maj. (P) Todd S. Livick
Command Information Officer-Gary Skidmore
Printer-John G. Montgomery
Fort Riley Editorial Staff:
Editor-Lori A. Bultman
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Circulation 8,100 copies each week
By mail \$20 per year
A licensed newspaper member of the Junction City
and Manhattan chambers of commerce





Briefs

Clinics Reception Area

Primary Care Clinics 1, 2 and 3 of Irwin Army Community Hospital, have opened a Central Primary Care Reception Area in Primary Care Clinic 2. Patients who have appointments in the Primary Care Clinics or are coming to the clinics for walk-in services are to report to the Central Primary Care Reception Area. The front desk phones of Primary Care Clinics 1 and 2 have been forwarded to this reception area. Patients can expect to use this reception area until further notice.

Legal Assistance New Hours

Because of the assistance of the 6025th Garrison Support Unit and 8th Legal Services Organization who have activated to support Fort Riley, the Legal Assistance Office has additional staff. As a result, in addition to the current office hours, Wednesday, Thursday and Friday the office will be open 4 - 8 p.m. On Saturday, the office will be open 8 a.m. - noon and 1 - 4 p.m. The staff will be unable to do any wills during this time, but they will be able to assist you in nearly all of the other services that they normally provide and will have two attorneys available to see you. For more information, call 239-3117.

AFTB Instructors Class

Share your time and knowledge by teaching others the basic training they need to navigate Army life. Be an AFTB instructor! Classes will be held Monday and Tuesday, 9 a.m. - 3 p.m., and Wednesday 9 a.m. - noon, at the Family Readiness Center, building 7264. Call 239-9435 for more information or to enroll in class.

Tax Center

The Fort Riley Tax Center is

open. The center is located at the Army Community Service and Family and Soldier Support Center on Custer Hill, building 7264. The center's hours are: Monday - Thursday, 8 a.m. - 6 p.m. and Saturday, 8 a.m. to 1 p.m. Appointments can be made by calling 230-1040.

Employee of the Quarter

Karen Fox has been selected as the Public Works' Employee of the Quarter for 1st Quarter, FY 2003. She is a real estate specialist in the Engineering Resource Management Division, Real Property Office. Her selection was due to her exceptional customer service and dedication to duty. She will receive a Public Works Certificate of Appreciation, a 16-hour Civilian Time-Off Award and a reserved parking place for the quarter. Six other outstanding PW employees were also nominated for the award: Jennifer Falkner, Jim Coupal, Brandi Sekulich, Marvin Springer, Tom Carrigan and Chris Trudo.

Turkey Permits

The DES Conservation Division is currently accepting applications through March 24 for the 2003 Spring Turkey Lottery Drawing. Applications are available at the Outdoor Recreation Center, building 9011 and the DES, Conservation Division, building 1020. The lottery drawing will occur on March 27. A total of 180 permits are available, which will be split into two segments, April 9-30 and May 1-18. Additionally, Fort Riley will have a youth season, April 4-6. The youth season is unlimited in participation (no drawing) for eligible hunters. Persons hunting the youth season are also eligible to apply for the regular season.

For further information, contact the Conservation Division at 239-6211 or visit the website at

<http://www.riley.army.mil/Recreation/Outdoor/Hunting>

Prayer Breakfast

Fort Riley will be having a National Prayer Breakfast Thursday, 6:30 a.m. to 8 a.m. at the King Field House. The breakfast will have Chaplain (Brig. Gen.) David H. Hicks, Deputy Chief of Chaplains, as a guest speaker. Bus transportation will be provided to and from Riley's Conference Center to King Field House the day of the event from 5:30 to 9 a.m. The buffet will include Healthy Heart and traditional breakfast items. Tickets are available through command sergeants major. The suggested donation is \$6. For more information call 239 - 2359.

Thrift Shop

Get ready for Spring cleaning! Clear out your clutter! Let the Fort Riley Thrift Shop help you get organized before the yard sale. Call us to pick any donations you have (in good condition). The Thrift Shop will stop taking winter clothes on Tuesday and will begin taking Spring clothes on March 4. Bag Sales every Wednesday and Thursday - get as much as you can into a bag for only \$1!

Visit the Thrift Shop in building 267, Stuart Ave., 784-3874. Hours of operation are 9:30 a.m. - 2:30 p.m. Tuesday, Wednesday and Thursday and 10 a.m. - 1 p.m. on the first Saturday of each month.

The Shoppe

Don't forget The Shoppe when you're looking for that one-of-a-kind gift. The Shoppe has many items that may be special-ordered or personalized to meet your needs. The Shoppe is located in building 259, Stuart Ave., 239-2783. Hours of operation are 10 a.m. - 2 p.m., Tuesday - Saturday. The Shoppe accepts Visa & Mas-

terCard (minimum of \$25 purchase) and offers gift certificates to make your shopping easier!

Boating Safety Class

A safe boating class is scheduled for March 1, at Flagstop Campground, Milford. Dan Gough, president, Milford Lake Association, said the event is something that everyone who goes on the lake should take part in. There are many accidents that could be avoided each year if lake-goers received hands-on information in boat and jet ski laws, safe boat handling and navigation.

According to U.S. Coast Guard statistics, in 2001, 498 boaters drowned. Of those victims, eight out of 10 were not wearing life vests. About 80 percent of the boat operators had not completed a boating safety class.

The cost of the class is \$12, to cover the cost of the workbook. For more information, contact Harvey Brink in Milford, (785) 463-5304.

Women's History Month

Fort Riley will be celebrating Women's History Month throughout the month of March. The theme for this year's celebration is, "Women Pioneering the Future."

The Equal Opportunity Office will sponsor a free program at Normandy Theater on March 19, 11:30 a.m. - 1 p.m., to celebrate the occasion. All are invited to attend the program. For questions regarding the celebration or for materials to help you observe Women's History Month, call the Equal Opportunity Office at 239-2277 or 239-2928.

Armed Services YMCA

The Junction City/Fort Riley Armed Services YMCA is holding their annual fundraiser, "Ireland In Song" with Irish balladeer Tony Kelliher in concert.

He is billed as "Ireland's Ambassador of Entertainment." The event will be March 14, 6 p.m. at the Municipal Building, 700 N. Jefferson, Junction City. Tickets are \$15 per person, and a traditional Irish dinner and beverages will be included. Purchase tickets from the ASYMCA, 111 East 16th Street, Junction City or at Fort Riley National Bank Locations. For more information, call ASYMCA, 238-2972.

Mail training

"Introduction to Unit Mailroom Operations" classes will be offered on March 5 and 26 8 a.m. - 3:30 p.m. at building 319. Pre-enrollment is required. Call 239-5411 to enroll.

Standards of Conduct

Only duly appointed contracting officers can obligate the government contractually. Failure to comply with this requirement will result in an "unauthorized commitment" - an agreement that is not binding solely because the government representative who

made it lacked the authority to enter into that agreement on behalf of the government. Unauthorized commitments must be investigated, and the perpetrators are subject to adverse actions.

Ordering officers may, by virtue of their written appointment, obligate the government up to their designated approval limits.

Also, government purchase cardholders may obligate the government when funds are certified by an approved funds certifier, so long as they remain within designated single purchase and monthly purchase limits. For additional information, contact the Directorate of Contracting at (785) 239-0468.

United Way Wish Book

With the recent completion of the "2003 Have a Heart Wish Book", giving back to the community is simple. If you have any questions, call the United Way of Riley County, 776-3779 or e-mail office@unitedway.org

The 2003 Wish Book can also be found at www.unitedwayrc.org

Grunt By Wayne Udden



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Fort Riley Post

February 21, 2003

Korea 50 years ago - Baseball star Ted Williams escapes jet crash

By Jim Caldwell
Army News Service

Capt. Ted Williams, a Boston Red Sox baseball star and serving Marine fighter pilot, escaped from his crashed jet without serious injury, 50 years ago this week in Korea.

Feb. 13, 1953 — Secretary of State John Foster Dulles tells the Senate Foreign Relations Committee's subcommittee on the Far East that the Eisenhower Administration will take no actions that could lead to World War III without first consulting Congress and allies.

Afterward, he holds his first news conference since taking office. He said the administration is seeking ways to bar trade from

reaching China. Studies of ways to "interrupt or minimize" strategic goods reaching China have been underway "pretty continuously" in the State Department since the Chinese entered the Korean War, but the subject was now "under perhaps more intensive scrutiny."

Two solutions are a naval blockade and a U.N. embargo on trade with China. They top the list of "a whole series of measures of varying kinds which could be adopted." But Dulles says he will not take action regarding China to the U.N. General Assembly when it reconvenes Feb. 24.

At Panmunjom, Communist liaison officers hand their U.N. counterparts a message from their command demanding that the

United Nations decide if the truce talks are to be permanently called off.

Feb. 15 — Lt. Gen. Maxwell D. Taylor, Eighth Army commanding general, tells reporters that adding Nationalist China troops to his command would be welcome. He would not have a say on policy concerning their employment.

The question arises because of recent statements by Nationalist China's Generalissimo Chiang Kai Shek that Formosa must invade mainland China now, even

though his forces aren't completely ready. An invasion would pull Chinese troops from Korea, he said.



Taylor also says he asks "nothing better" than for the communists to try another offensive. He says the Eighth Army is more than ready to take them on.

After aerial reconnaissance showed the Reds were trying to rebuild the power plant on

Suiho Reservoir, allied aircraft destroy it again. The reservoir power plant, first knocked out last June, is across the Yalu River

from Manchuria.

Feb. 16 — About 200 allied tactical fighters attack a troop assembly and supply center southwest of Pyongyang.

Capt. Ted Williams, a Marine Corps jet fighter pilot and a Boston Red Sox star outfielder, escapes from a Panther jet that crashes at an airfield in Korea. He was returning from his third combat mission over North Korea.

The Air Force reports that two American fighters fired at two Soviet-style aircraft over northern Japan today. They damaged both and chased them back to the Kurile Islands.

Feb. 17 — The Air Force reports that F-86 Sabrejet pilots have shot down 11 MiGs, probably destroyed another six and

damaged 11 in dogfights since Feb. 1.

The second largest all-jet tactical fighter raid of the war hits a tank and infantry training center west of Pyongyang Feb. 18. A force of 389 Air Force and Marine fighters reportedly destroys 139 buildings.

Feb. 18 — The Defense Department releases the list of American casualties in Korea as of Feb. 9. The overall count of 130,093 includes 22,948 dead.

Prime Minister Jawaharlal Nehru tells India's lower house of parliament that talks in America of blockading China are not messages "that can lead to peace."

Fort Riley continues to be a Korean War Commemorative Community through 2003.



Post/Watson

Staff Sgt. Thomas Haag, Dental Activity, Fort Riley, speaks to Chris Frink's and Patti Smith's first grade classes at Jefferson Elementary School about dental health care. The event was part of National Children's Dental Healthcare Awareness Month.

Support continued from page 1

to make sure every single soldier is ready to go administratively and physically."

The soldiers being deployed to Central Command locations are not the only soldiers separated from loved ones.

"We all have left behind family," said Lowery. "But, our headquarters has an excellent family support plan in place. They send their experts in to make sure that we have done our jobs to establish a family support network," he said. "If anything happens to a soldier's family while they're here, we know in very quick order, if not immediately. It's because we have briefings before we leave where we invite our family members: wives, sons and

daughters, all there to hear the same thing.

"They get the same telephone numbers so that if anything happens, there is an immediate way to get a hold of the soldier. It keeps the soldier more mission-focused to know that his family is taken care of."

While assisting at Fort Riley, the 6025th is capable of taking over if the 24th Inf. Div. deploys.

"If the 24th Inf. Div. deploys, we would slide in and take care of where they left off," said Lowery. "It would be a challenge, but we are certainly up to it. There may be a few bumps in the road along the way, but if the 24th Inf. Div. has to go do their duty, we would do ours."

Winter car care still important after snow stops

By Kim Levine
Staff Writer

Winter is already here, but that doesn't mean it's too late to winterize your vehicle.

Rob Myers, body shop supervisor at the Fort Riley Automotive Skills Center, says that taking care of your automobile in the winter can help to keep the paint from scratching, rusting and chipping, prevent the engine from freezing and ensure drivers and passengers arrive safely at their destination.

"Kansas is notorious for putting salt and sand on the ground," says Myers. "You should wash your car at least once a week if you drive over 20 miles per week and make sure it has a good coat of wax."

Without washing off the salt and sand, Myers says the moisture from the elements will cause your vehicle to rust.

George Sherwin, mechanic, Automotive Skills Center, explained that temperature is also a factor in how soon to wash salt and sand off of your car.

"If the temperature is below 40 degrees, there is no effect on your paint," said Sherwin. "But when it gets above 40 degrees, the salt will start eating away at your

paint."

Sherwin also said that making sure your vehicle has windshield wiper fluid rather than just water in the pump is important.

He explained that with water, the holes that release the liquid could clog, freeze and burst when the temperature drops. Windshield wiper fluid is less likely to freeze.

Other precautions include checking tire pressure and antifreeze levels. Sherwin warns that tire pressure can drop when changing from the hot summer to the cold winter. He also recommends making sure antifreeze levels are high enough to prevent engines from freezing.

In addition, Myers warns that silicone-based de-icers do not

provide good UV protection, making them harmful to a vehicle's paint.

Winterizing your vehicle could keep it running smoother and looking better longer.

For questions on winterize vehicles, the Automotive Skills Center is open Wednesday - Friday, 1 - 9 p.m. and Saturday and Sunday, 9 a.m. - 5 p.m.

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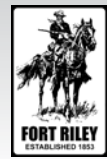
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Fort Riley Community



February 21, 2003

America's Warfighting Center

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BOSS soldiers 'hit the slopes' for fun

By Michael Watson
Staff writer

Soldiers traded their combat boots for ski boots to hit the

slopes recently. It was Military Appreciation Day on Feb. 10 at the Snow Creek ski area in Weston, Mo., and both first-time and experienced skiers

took advantage of the trip offered by Better Opportunities for Single Soldiers.

Pvt. 2 Caleb Clawson, Headquarters and Headquarters Company, 1st Engineer Battalion, was one of the first-time skiers.

Even after numerous wipeouts and tumbles, he said he still had a

Then a ski lift operator said he should try going side-to-side down the hill for more control.

But, he said that led to the fall he remembers most.

"He told me to go from side-to-side, so I tried it," he said, "but I had built up too much speed. Then when I tried to turn, I tumbled and

ended up eating snow. It was a pretty big spill."

Spc. Jason Svay, 774 Ordnance Company (Explosive Ordnance Disposal),

said he started snowboarding a couple of years ago, so it was not a new experience for him.

While he is used to shredding mountains, he said Snow Creek was still a lot of fun, considering it is a hill in Missouri.

"I had a lot of fun hitting the jumps," he said, "so it was still a nice place for experienced skiers and snowboarders. I would definitely go back again."

"It was also a lot of fun watching the first-time snowboarders. I tried to help them out the best of could. I think it was a good day - there were no broken bones."

Pfc. David Lewis, Company A, 1st Engineer Battalion, hits a jump at Snow Creek ski area.



Post/Watson



Post/Watson

Spc. Stephen Eason, Company A, 1st Engineer Battalion, falls while snowboarding at Snow Creek in Weston, Mo.

Post recognizes contributions of African-Americans, Buffalo Soldier

By William Biles
Staff writer



Post/Biles

Retired Buffalo Soldier, Capt. Edwin H. Schoenbeck, receives a Lifetime Achievement Award from Lt. Gen. Larry R. Jordan, deputy commanding general and chief of staff, TRADOC, during an African-American/Black History Month observance.

The 24th Infantry Division (Mech) Equal Opportunity Office hosted an African-American/Black History Month Observance at Normandy Theater Feb. 12 as part of the month-long celebration.

The theme for the observance was "The Souls of Black Folk," in recognition of the 100th Anniversary of W.E.B. DuBois' book by the same name.

DuBois' book is a personal document that is based on the idea that someone may know the soul of a race by knowing the soul of one of its members. In DuBois' "forethought" of his book, he says that he examines the rise of personal leadership, the struggles of the black peasantry and the relations between sons of master and man.

The observance featured Lt. Gen. Larry R. Jordan, deputy commanding general and chief of staff, Training and Doctrine Command.

Jordan spoke about the importance of observances to the people

and the heritage that is being celebrated.

"These observances recognize and celebrate the history and many contributions of a particular group to America," said Jordan. "In doing so, it allows that group to reflect upon their heritage as they express pride in themselves, and at the same time the observances help inform others of the contributions of the group, different from themselves."

Jordan touched on another role these types of observances have on all people and not just the ethnic heritage that is being celebrated.

"Regardless of whether we belong to the group being recognized or not, such events remind us of the very special privilege and blessing it is for us to be able to call ourselves 'Americans,'" said Jordan.

In short, these observances help point out to everyone a unique aspect to being an American citizen, Jordan said.

Jordan spoke of one area all Americans can look to with admiration for its equal and respectful treatment of all of its members, the Armed Forces.

"The United States Army has been described as the most integrated institution in America," said Jordan. "It prides itself at being a 'meritocracy,' in which nothing other than confidence, performance and motivation will determine how far and how fast you can advance."

During the observance a special awards ceremony was held. Retired Buffalo Soldier, Capt. Edwin H. Schoenbeck, received a Lifetime Achievement Award, from Jordan, for his contribution to the service from January 1936 to December 1946.

During Schoenbeck's service to the country, he was awarded the Bronze Star, as a First Lieutenant, for heroic achievement in combat in France while assigned to the 141st Infantry Regiment during World War II.

After Jordan presented Schoenbeck with the award and the program concluded, all of those in attendance were invited to sample food from a buffet table that was set up in the theater's lobby. The samplings of food included catfish nuggets, collard greens, corn bread muffins and peach cobbler.

Life in the Army: Soldiers join for different reasons, depart experienced

By Jamie Bender
Staff writer

Soldiers come from all walks of life. Each soldier made a decision to leave civilian life behind and embark on the adventure that is the Army life.

Some enlist for educational benefits, some for a stable paycheck. All soldiers join to serve their country in some way.

Pvt. 1st Class Maher Chakra, a cannon crewmember, joined the Army in September 2002. He had more than one reason for joining.

"I joined for the education benefits and to have stable pay and a stable life," said Chakra. "I was tired of dead end jobs and going to school at the same time."

Chakra was attending Embry Riddle Aeronautical University in Daytona Beach, Fla. He has one year left to finish a degree in aviation maintenance.

Chakra looked into joining other branches of the military before deciding on the Army.

"I chose to join the Army over the Air Force because the Army was a better deal. There are more educational opportunities and more opportunities for promotion," he said.

This early in his Army career, Chakra has overcome a few challenges already.

"The hardest thing so far was quitting smoking and completing the two-mile run," he said. "But the best thing is that I get to shoot big guns," he added.

Besides shooting big guns, Chakra said there is a lot that he appreciates about being in the Army.

"I don't really have to worry about much. Ever since I have been in, they have given me a meal card and a place to stay. Everything is pretty much taken care of. I just have to shave and get my uniform squared away," he said.

Pvt. Tamica White, a finance specialist, also joined the Army in September 2002, but for different reasons.

"I joined the Army to grow up and learn to do things on my own. I was pretty sheltered growing up," she said.

White has also faced challenges in the last few months.

"I think the hardest thing has been working with other people to get things done," she said. "Everyone has different ideas, different opinions and different attitudes."

White also said that maintaining a positive attitude can be challenging as well.

"You have to learn how to deal with your emotions and not let it

interfere with what you have to do," she said. "If you are frustrated with your buddy, you still have to get things done. You still have to deal with the person you don't

"I may change my MOS to something in mechanics, but I do want to go as far as I can get in the Army. It's been good so far," he said.

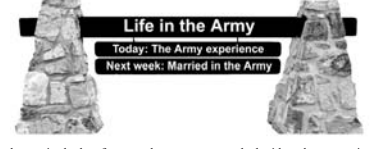
White said she initially wanted an MOS in the medical field when she joined.

"There were no openings in the field I wanted when I signed up. I could have waited, but decided to go ahead and go into finance," she said.

White is taking a wait and see approach before making the decision to have a 20-year Army career.

"If my first enlistment period goes well, I'll stay in the Army, although I might change my MOS to one in the medical field."

A back up plan is in place if White decides not to re-enlist. "If I do get out, I'll go to school on the GI bill," she said.



See Army Life Page 8



Col. (P) Frank Helmick, acting commander, 24th Infantry Division and Fort Riley, listens as Tonya Fyke delivers a Valentine's Day sing-a-gram. She is dressed as Dorothy from the movie "The Wizard of Oz." The sing-a-grams were delivered to various locations on post by soldiers from Better Opportunities for Single Soldiers.

Army Life continued from page 7

from basic training and knowing that I played a part in their career," said Stiner.

Overall, Stiner said that the soldiers are what make the job so great.

"The best part of being in the Army has been the people," she said. "At each installation you always encounter new people and that is what makes it interesting."

Moving every few years is pretty standard in any Army career. It becomes something that a soldier gets used to, said Stiner. "You actually start to look forward to it," she said. "I think my kids have done well with it. My daughter had a difficult time when we left Fort Drum, but she has kept in touch with her friends."

Stiner said that while she thought about leaving at one time,

she has no regrets over her 20-year career.

"I re-enlisted the first time because I was having too much fun. I was not ready to leave," she said. "There was a time I thought about leaving the Army. I was pregnant with my first child and I didn't think I could do it. My sergeant major would walk by my desk every day and asked me if I was sure about leaving. He gave me that little reality check. Where was I going to find a job that was comparable to what I had in the Army? It was because of him that I stayed in."

Stiner has some nervousness about becoming a civilian again.

"It's going to be a challenge. I don't know how to do anything else. I have never had to look for a job. In the Army, they tell you;

this is your job and this is what is expected of you," she said. "When you get to your duty station, you get your children in school and daycare and you know what to do. It's almost too easy."

Stiner said she feels that her military experience will continue to serve her after retirement.

"I will have a better chance in the civilian work force," she said. "The Army discipline and standards will help give me an edge."

Stiner and her husband are talking about retiring back to South Dakota, where she is originally from.

"When I joined the Army it was because I knew there was more out there," she said. "South Dakota is a very normal place. I never thought I would want to go back, but as you get older you

gain a new perspective. I wanted to do more and see more and now I'm ready to go home."

Stiner has some advice for new soldiers as they come into the Army.

"The key is to work like you are going to be in for 20 years. Even if you don't plan on staying, take all the opportunities available to you. Take advice from the more experienced soldiers around you. Go to all the schools, take all the correspondence courses and get all the training you can."

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Learn to prevent, reduce jet lag

By Kim Levine
Staff Writer

Ever feel tired and disoriented after flying? If so, you were probably one of the many who have suffered from jet lag.

Jet lag, or desynchronization, is a common condition caused by the body's internal clock, the circadian clock, which synchronizes internal systems such as the sleep and wake cycles, hormone levels, temperature and digestion. When people fly across time zones, their body is trying to stay awake at times when their internal clock says they should be sleeping, leading to extreme tiredness and disorientation, also known as jet lag.

Symptoms of jet lag include feeling worn out and tired, memory fuzziness and broken sleep for days after arriving. Because of the dry air and cramped individual space in aircraft, other symptoms might include becoming irrational

or unreasonable, dehydration and swelling of limbs.

Fortunately, taking certain precautions can help to prevent jet lag from occurring. The British Airways health website, www.britishairways.com/travel/health/jetlag/, recommends drinking plenty of water while in flight and being cautious about alcohol use.

Keeping the body hydrated will help protect it from jet lag symptoms, and alcohol is useless in combating dehydration.

The "No Jet-Lag" website, www.nojetlag.com, points out that people who are fit, rested and healthy will suffer less from jet lag than others on the same flight. The site suggests getting plenty of exercise in the days prior to traveling, avoid sickness such as the flu and colds and getting a good night's sleep prior to departure.

"Everyone gets jet lag; it's a matter of personal difference as to how long you suffer after the flight," said a Singapore Airlines pilot.

Both websites offer steps to reduce jet lag and assist in the recovery process after flying. The "No Jet-Lag" website encourages drinking plenty of non-alcoholic fluids after the flight as well, and that water is better than coffee, tea and fruit juices.

The British Airways website suggests only drinking coffee and other caffeinated drinks at times when the body most needs a lift rather than throughout the day.

Further, it explains that exercising before bedtime does not wear the body out, but in fact, wakes it up; hence, people should not exercise close to bedtime. This website also recommends taking strategic naps, engaging in physical activity and engaging in social interaction to help wake the body up.

All of these steps can help to rejuvenate the body and regulate its internal clock, consequently eliminating or reducing the effects of jet lag.

Editor's Note: This is the first in a series of four stories on Life in the Army. Read next week's Fort Riley Post for the second story in the series, Married in the Army.

Advanced AFTB class scheduled

An Advanced AFTB class will be held March 5 and will include Personality Traits and Leader Roles. Information on other AFTB classes can be found at the Family Readiness Center, building 7264. Classes will be held at the FRC from 6:30 to 8:30 p.m. Call 239-9435 for more information or to reserve a spot in any or all classes offered. Reservations are not necessary, but are preferred.



Fort Riley Sports

February 21, 2003

America's Warfighting Center

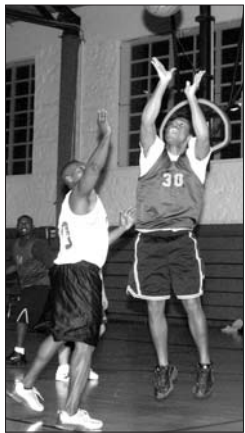
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Medics battle it out in post intramural basketball

By William Biles
Staff Writer

The Medical Activity basketball team put a notch in their win column by defeating the 82nd Medical Company, 67 - 31, during an intramural basketball game at King Field House Feb. 13.

The 82nd Med. Co. team came out to just have fun instead of getting worked up over the competition against their rival medic team.



Terrance Blount, Medical Activity, attempts a jumpshot over Eddie Ford, 82nd Medical Company during a recent basketball game.

"It's not that I want to lose, I just want to have fun since this will be my last game due to my company's deployment Sunday," said Charles Hemming, 82nd Med. Co.

The MEDDAC team used its speed up and down the court, which allowed them to skirt around and through the 82nd's zone coverage.

"At first, we defended in a zone coverage and thought we could contain them, but they were able to find the open man and beat us to the basket," said Eddie Ford, 82nd Med. Co. "Plus, they have a man bigger than us who was able to stall our guys up, and that made it possible for them to keep finding their open man. And, they kept getting 3-point field goals with that open man," said Ford.

When the 82nd saw that their zone coverage was being picked apart, they switched to a man-to-man coverage. The change in coverage aided them in going on a 12 - 2 run against team MEDDAC in the closing minutes of the first half. However, the run they had was only able to bring them within 14 points of the MEDDAC team.

"We're hoping, since they are medics, that all of their breakaways and running up and down the court will start to wear them down in the second half," said Ford.

Ford's hopes were in need of medical assistance though. When the MEDDAC team made adjustments to counter the man-to-man coverage, the 82nd medics changed, too.

"They went to the man-to-man coverage, so we called a time-out and adjusted our passing zone. Doing that helped us to start bringing it back together," said Tracey Clark, coach, MEDDAC.

The MEDDAC team epitomized the meaning of teamwork throughout the length of the game. Through that teamwork, they were able to put points on the board and increase the gap in the score.

"We're definitely playing better team ball. We're working the ball better and playing as a whole unit instead of concentrating on just one player. We're playing together as a team," said Clark.

The atmosphere was a friendly one, despite the medical teams' rivalry. "It's a quite rivalry between us, just a little one, but it's all for fun. We still all work together," concluded Clark.



James Lewis, Medical Activity, beats the defenders to the basket to score two points against the 82nd Medical Company during an intramural basketball game at the King Field House.

Post pools provide fun for all ages

By Summer Alford
Staff Writer

When winter's chill sets in, Fort Riley indoor pool facilities offer a variety of warm activities for everyone.

Swimming Program Manager, Hedy Bailey has been working at Eyster Indoor Pool for the past four years, and oversees the activities and the employees. Bailey said that Eyster has several options for people looking for leisure activities.

"Currently, the swimming pool is working with the sports department to do a Sprint triathlon-swim half a mile, bike 12 miles, run 3.1 miles," said Bailey. The triathlon started Jan. 6 and will end Mar. 31. The events do not have to be completed back to back, but each event must be completed in one workout, she added.

Participants who finish the program will receive Fort Riley Fitness T-shirts, she said.

Eyster Indoor Pool is one of four pools on Fort Riley. "We also have Long Indoor Pool and Custer Hill Outdoor Pool, which is undergoing a major renovation. The Main Post Pool will not be open due to Riley's Restaurant renovations," said Bailey.

Long Indoor Pool is mainly used for military physical training (PT), she said. Most people use Eyster for lessons and leisure activities.

Swim lessons are available at Eyster March 3 - 14. Group

See Pools Page 10

National Guard debuts in NASCAR Bud Shootout, Daytona 500



Army National Guard Photo

Twenty-year racing veteran Todd Bodine drove the new National Guard car bearing this country's colors and the National Guard name for a new team, BelCar Racing.

American Forces Press

Millions of fans have screamed themselves hoarse while watching stock cars, gleaming with familiar names and numbers, compete in Winston Cup races nationwide. Now a new contender seeks their approval.

Crowds got their first look at a brand new red, white and blue Ford emblazoned National Guard 54 when NASCAR's premier racing circuit roared to life Feb. 8 for the 2003 season at the Daytona International Speedway in Daytona Beach, Fla.

Twenty-year racing veteran Todd Bodine, 38, drove the new car that is bearing this country's colors and the National Guard

name for a new team, BelCar Racing. On Feb. 16, Bodine and the National Guard 54 car came in 18th in the Daytona 500.

The National Guard is the primary advertiser. The car's number, 54, represents the 50 states and four territories where Army and Air Guard units are located.

"This is a great opportunity. I feel like I'm driving for the whole country," said the younger brother of Winston Cup star Geoff Bodine before racing in the 70-lap Budweiser Shootout. This race is for drivers who started last year's Winston Cup races in the pole position, the No. 1 spot.

"Guard men and women are serving all over the world," said Bodine. "The car is red, white and

blue. It's like I'm driving the American flag." The team is also attaching decals in the shape of the STS- 107 space shuttle mission patch to the car in honor of the seven Columbia astronauts who perished Feb. 1.

Bodine started eighth among 19 cars at the Budweiser Shootout and was 13th in the pack of 18 that finished the race. The field included Dale Earnhardt Jr., who started last and finished first, defending Winston Cup champion Tony Stewart, who finished 15th; and Jeff Gordon and Jimmie Johnson.

The directors of the Army and Air National Guard were among the 75,000 fans who flocked to the 25th annual Shootout, which was

run under the lights and on prime-time television for the first time.

"NASCAR is a team sport and a family event. That's why it's exciting to be a part of it," said Lt. Gen. Roger Schultz, Army Guard director, who built and drove his own stock car for a couple of seasons when he was a young man in Iowa. "It's a way to reach the American people and tell the Guard's story. And NASCAR fans are very patriotic, very patriotic."

"So many Americans are watching these cars, and they will see that red, white and blue car," said Lt. Gen. Daniel James III, Air Guard director, while taking in his first stock car race. "Once again, the National Guard is connecting with the communities."

Beavers considered nature's engineers, can fall trees two feet wide

By Alan Hynck
DES Biologist

Beavers do more to shape their landscape than any other wildlife. Fascinating for their engineering qualities, these mammals are capable of changing a stream's course. From the rise of the stream, fish, frogs and herons benefit, creating a small wetland. As the trees are cleared, a transition to a savannah type habitat occurs. Then, as the water recedes, a uniform layer of silt gives rise to grasses and forbs. In just a short time, the area is transitioned from forested stream into a lush green meadow.

Not so long ago, beavers were referred to as trappers gold. During the Fur Trading Era (1800-1840), adventurous men risked the elements and Indian attack to get their hands on a beaver. Fur trading was literally the catalyst that opened the west. Beavers trapping, in particular, played a large part in this expansion of America.

The soft leather and dense fur resulted in an excellent clothing material. Individual beaver pelts

were excellent bartering items. Common equivalents for one tanned and stretched beaver pelt were, two pounds of sugar, one gallon of brandy, two yards of flannel, one pair of breeches, one pair of shoes, 20 flints, eight knives, two pair of looking glasses, two hatchets, 20 fish hooks or one blanket. Four tanned beaver pelts would fetch a pistol and 11 beaver pelts a musket.

The demand for beaver pelts was so great during the late 1800's that beavers came close to becoming extinct in North America.

After the decline in the fur trade, beavers began to grow in numbers and were considered a nuisance by many, particularly to farmers. Although fur trapping did continue in the 20th century, beavers were able to rebound over most of North America with harvest restrictions in place. While most fur prices have dropped in recent years due to low demand, the drop in the value of beaver pelts has not been as drastic.

The beaver is a member of the family rodentia, which is group of "mammals that gnaw." They use their four front teeth, big chisel-

edged incisors, to fell trees. It takes only a few minutes for this determined animal to cut down a small willow tree. Sometimes a beaver will tackle trees as wide as two feet. The beaver's favorite trees are the softwoods, like aspen, poplar and willow. It will also cut down birch, sugar maple, wild cherry, alder and sometimes even hemlock and pine. The beaver uses these felled trees as building materials and food.

Beavers mate for life. The two will live together unless one of them dies.

Beavers give birth in the spring, usually litters of two to six kits. Their incisor teeth grow continually throughout their life, so they must continuously gnaw. Beavers range in weight from 30 to 80 pounds, with some weighing over 100 pounds. One of the largest beavers trapped caught in Kansas was just north of Fort Riley and weighed 109 pounds.

Beavers are well adapted to move on land and in water. They are able to hold their breath for up to 15 minutes under water. The large back webbed feet are good for swimming, and the smaller paws in front are used for picking

up branches, mud and debris. Beavers do not hibernate. Their thick coat is a necessity in the winter, when pond water freezes over. The scaly black tail is hard and flat. It is used as a prop to sit

on when the beaver is gnawing and a rudder while the beaver is swimming.

When a beaver senses danger, he will slap his tail on the water's surface as an alarm.



U.S. Fish and Wildlife Service Photo

Beavers use their four front teeth, big chisel-edged incisors, to fell trees. It takes only a few minutes for this determined animal to cut down a small willow tree.



Kansas Wildlife Federation recognizes Fort Riley DES employee

By Kim Levine
Staff Writer

A Fort Riley civilian has been honored as the Conservation Educator of the Year at the annual Conservation Achievement Awards banquet, held Feb. 15 in Manhattan.

Gibran Suleiman, wildlife biologist, Fort Riley Directorate of Environment and Safety, was awarded by the Kansas Wildlife Federation for outstanding achievement in educating others on conservation.

The Conservation Educator of the Year award is one of 13 CAP awards given annually recognizing outstanding accomplishments in conservation activities in Kansas and reflecting a commitment to natural resources with a significant effort during the past year.

"Mr. Suleiman has been particularly instrumental in providing conservation education to school age children. Over the past year, he has made various presentations to Fort Riley schools totaling more than 1,000 children," said Alan Hynek, DES biologist and

Suleiman's supervisor, while nominating Suleiman for the award.

Hynek said that Suleiman is an excellent recipient for this award because he displays a genuine initiative in conservation education on Fort Riley and in the surrounding communities.

"Gibran goes the extra step in finding opportunities to educate," says Hynek, "especially with kids."

In addition to the classroom presentations, Suleiman serves as an advisor on two Outdoor Wildlife Learning Sites at Fort Riley elementary schools.

"I enjoy working with children," Suleiman said. "They need an appreciation for the outdoors. Children are the key to conservation in the future. And by helping soldiers in educating their kids, I am also supporting the military mission of Fort Riley in a way," Suleiman said.

Along with educating children on Fort Riley and in the surrounding communities, Suleiman also has an interest in educating soldiers. By providing educational classes on conservation, Suleiman

said he tries to give soldiers an appreciation of the resources Fort Riley has to offer them, making this a more enjoyable place for them.

He has written more than 12 conservation-focused articles that have been published in the Fort Riley Post and a Natural Resource Bulletin on the West Nile Virus. Suleiman also created a children's information corner, with educational materials, coloring pages and posters, in the Conservation Office.

Additionally, Suleiman acts as a leader and motivator to his co-workers in the DES office, encouraging them to get involved with volunteer work as well, Hynek said.

Suleiman said this award has been a motivation to him, and he is excited to see Fort Riley recognized for conservation education. He plans to continue with the programs that he is involved with now, and he is looking for more ways to expand conservation education on Fort Riley.

Suleiman hopes to begin a new program this summer, teaching groups of children about conser-

vation and ecology and showing them how to take care of wildlife, he said.

Suleiman also encourages soldiers and their children to stop by the DES office, building 1020, to

pick up information, explore the displays and see what programs the office has to offer.



DES Conservation Division Photo

Gibran Suleiman, wildlife biologist, Fort Riley Directorate of Environment and Safety, educates students at one of the schools on post.

Indoor Pools continued from page 9

lessons are offered for age four and up. Guppy swim lessons are open to ages 4 - 6. Private lessons are also available and cost \$5 for half an hour.

The group lesson rate for a two-week period is \$15 for age 4 - 6 Guppy class and \$20 for levels one through seven.

Lifeguard certification training through the American Red Cross will begin March 17 - 21. Participants must be at least 15 years old. Civilians may also sign up.

In addition, Eyster has much to offer for pool parties. "We have birthday parties, and coordinate with the teen center for Christmas

and other various teen events," said Bailey.

Patty Peterson held a birthday party for her son Luke at Eyster on Feb. 7. "A few of the other military wives have had parties here and suggested it to me," she said. "In the wintertime, it's hard to find birthday ideas, and this was a great option."

In addition to parties and lessons, many people utilize the open swim hours at Eyster. Sgt. 1st Class Doug Davidson just started coming to Eyster pool with his family. "It's a nice indoor pool to swim all year round," he said.

As a pregnant military wife,

Sherri Miller said she enjoys doing water aerobics every week. "My doctor suggested water aerobics to me since it's the only thing a high risk pregnant woman can do," she said.

It's word of mouth to get people to come to the pool according to Miller.

"I've been coming here for the past five months and the other ladies have been coming here for four years."

"It's a good option for the winter months since it's cold and it allows you to stay active," she said. "Water aerobics is a great workout."

Outdoor Rec offers one day hunter education class

By Michael Watson
Staff writer

There is upcoming opportunity on Fort Riley to enroll in a Kansas Hunter Education class.

The three-day class starting Wednesday is full, but for those wanting to learn proper hunting technique, a special one-day class has been scheduled for March 22.

Registrants must stop by the Outdoor Recreation Center, building 9011, by March 1 to pick up a study guide.

"There are several written tests throughout the day, so it's up to the student to prepare ahead of

time," said Rick Eystone, Outdoor Recreation manager.

"The class was put together for people that don't have time to attend the three-day class," Eystone said.

Instead of three sessions lasting approximately four hours each, this class will last approximately 7.5 hours, he said.

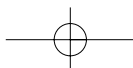
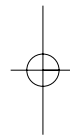
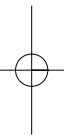
There is a lot of information to cover, so Eystone said it is important for the students to come prepared.

The maximum class size will be 30 students and, as of Wednesday, 13 people were enrolled.

Interested individuals should call Outdoor Recreation at 239-2363 to register for the class.



Cyan Magenta Yellow Black





ITR

The Information Ticketing & Registration Office is located in building 6918, across from the PX. Hours of operation are Monday - Friday 10 a.m. - 7 p.m. ITR is closed on weekends and holidays. For further information, call 239-5614 or 239-4415.

Also, check out the Department of Army Leisure Travel website at www.offdutytravel.com for more great deals on travel.

ITR services and discount attractions tickets are available to active duty military, retirees, National Guard, reservists, Department of Army civilians and family members.

Spring Break

It's not too early to start those Spring Break plans. Here are some destination packages that are available at military discounts.

Branson, Mo.

As one of the top vacation destinations in the country, and approximately a six hour drive from Fort Riley, Branson offers a wealth of diverse entertainment. Whether your idea of entertainment is being dazzled, spending a day with your family at one of the attractions or finding a great deal at one of the area retailers, Branson is second to none in its scope of exciting activities. Let ITR put together a spring break package.

Destination California

Want to turn your visit to Southern California into the most fun-filled vacation ever? At Uni-

versal Studios Hollywood, enjoy all the thrills, magic, stunts and special effects when you take part in your favorite blockbuster movies. It's all the glitz, glamour, action and entertainment of Hollywood, only at the World's largest movie studio and theme park. You can also experience Disney at it's most magical at Disneyland Resort. Meet memorable Disney characters, discover exclusive attractions and enjoy spectacular entertainment. Eight lands of fantasy and magic bring smiles to kids of all ages!

Florida Bound

Prepare to be awed...inspired...thrilled and enchanted at Walt Disney World! This is, without a doubt, the most magical and incredible time in your life, visiting the world's vacation kingdom. In addition, Universal Orlando is two amazing parks-one a working movie studio where the movies come alive and an unforgettable journey through unique islands. Each park is filled with once in a lifetime adventures-plus non-stop nightlife that are all within easy walking distance of each other. It's an unbelievable universe of family fun and excitement in one incredible location.

Colorado Ski Packages

They've started out the New Year on the right foot with new snow at Vail, Beaver Creek, Breckenridge, Keystone and Winter Park! Now that the hustle and bustle of the holidays is over, it's time to plan a relaxing getaway to

the mountains. Whether it's a day at the spa or a day on the slopes, you can be sure to find something at a Colorado resort to help your body unwind. Military discounts available for Colorado lift tickets. Let ITR put together a ski package for you.

Local Spring Break ideas?

Kansas Cosmosphere & Space Center is located in Hutchinson, and is quickly becoming the most comprehensive space museum in the world. It is not what you'd expect to find on the open prairies of Kansas, and that's the point exactly. From the jaw-dropping Hall of Space Museum and incredible IMAX Dome Theatre to the million-dollar multimedia Planetarium, the Cosmosphere is an all-day, all ages adventure. Hold on tight. You're go for lift-off!

Science City at the Union Station in Kansas City is another option. Imagine a city like no other in the world. A thriving metropolis that combines adventure, entertainment, discovery and excitement. With four different parts of town containing over 50 interactive environments, you'll find there's something for everyone. Discounts tickets are available through ITR.

Learn to Ski Tour

If you ever wanted to try the sport of skiing or wanted a friend to learn...now is the time! Ski in historical Weston, Mo., located 15 minutes from KCI airport. Snow

Creek has 100 percent snowmaking capabilities. See ITR for information.

Commercial Leisure Travel

ITR now assists you with leisure commercial travel. Make your plans early for better pricing and ticket availability. A computer

KIOSK is available at ITR for customer use in booking airline tickets through the Internet. Call ITR for assistance in booking your commercial travel.

KCI Roadrunner

Kansas City International Airport shuttle provides door-to-door service. Military discounts are available. Make your reservations

at ITR and a commission will be paid back to the Morale, Welfare and Recreation Fund.

Discount Movie Tickets

Passes may be used at Carmike Cinemas in Manhattan. The cost is \$3.50. This is a great savings for evening shows, a savings of up to \$2 per ticket.



Post Office

Jennie Gibson, a member of the 82nd Medical Company Family Support Group, serves food to soldiers at a departure luncheon held recently.

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